

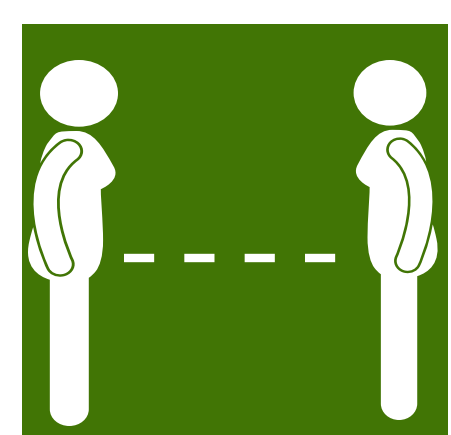
## Symptoms of COVID-19

- ✓ fever
- ✓ cough
- ✓ shortness of breath
- ✓ sore throat
- ✓ chills, shaking
- ✓ muscle pain
- ✓ headache
- ✓ new loss of taste or smell
- ✓ nausea, vomiting
- ✓ diarrhea
- ✓ stuffy or runny nose

\* **WHEN TO SEEK MEDICAL HELP:** If you have difficulty breathing, high fever, or other unusual or concerning symptoms, you should call your health care provider right away.

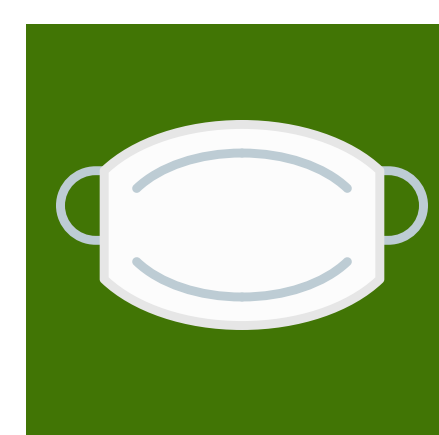
## Prevention of COVID-19

Prevention is much like preventing other respiratory illnesses like colds and flu.



**stay 6 feet away from others**

Keeping distance between people makes it harder for germs to spread.



**wear a mask**

A cloth or disposable mask helps prevent the spread of germs.



**stay home**

Stay home if you suspect COVID-19 for 24 hours after your fever goes away, but no less than 10 days from when you became ill.



**wash your hands**

Wash them often with soap and water.



**don't touch your face**

This is the easiest way for germs to get into your body.



**keep sanitizer close**

Use sanitizer with at least 60% alcohol, use it often and tell children and people around you to do the same.



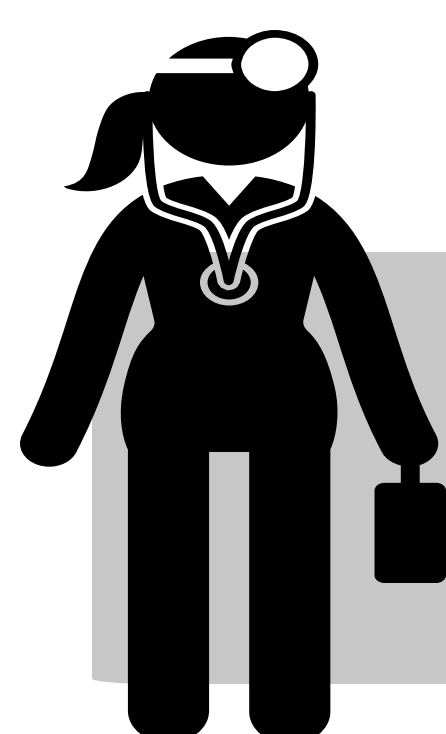
**avoid sick people**

This helps you keep from being exposed to other people's germs. COVID-19 spreads most easily when people have symptoms.



**clean and disinfect**

Clean and disinfect commonly touched surfaces.



If you have other diseases such as heart disease, diabetes, lung disease, cancer, etc., talk to your doctor now and come up with a plan on what to do if you become sick.

Have questions?  
Call the 24/7 COVID-19 call center: 1-800-962-1253.  
You can also visit: [COVID19.NJ.GOV](https://www.nj.gov/COVID19).